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Youth Speaker Opens Crusade In Wilmington

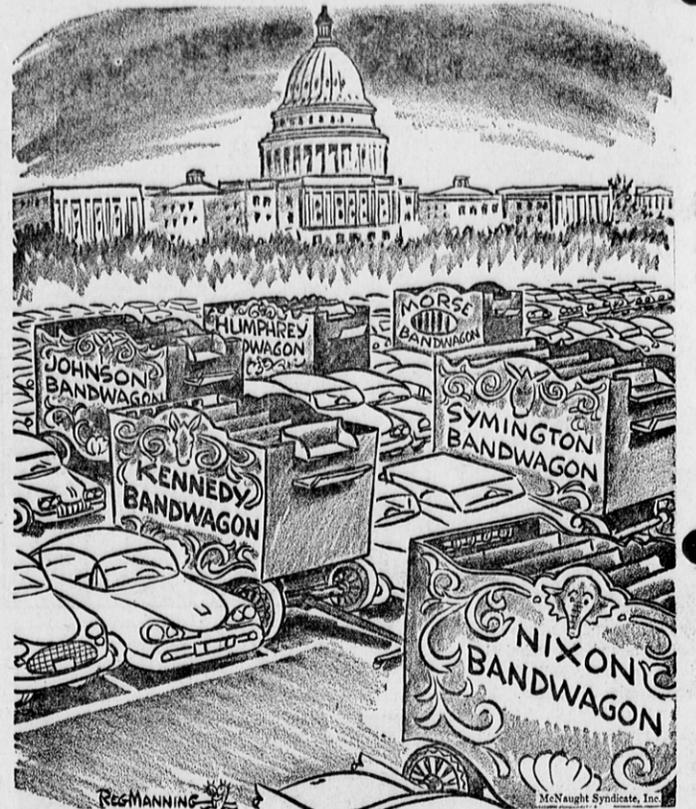
International Youth for Christ speaker, the Rev. Christian Hild, is conducting a two weeks' evangelistic crusade which began last night at 7:30 o'clock at Boulevard Assembly of God, Wilmington.

He has been the featured speaker at more than 20 Youth for Christ rallies throughout America and Canada, plus sev-

eral schools, colleges, and civic organizations. The evangelist is also a professional photographer, and is the producer of "Around the World in a Thousand Pictures," a full color film which he shows in conjunction with the meetings. His sermons have ap-

peared in several periodicals and also in book form. The Rev. Herbert W. Ezell, pastor of the church, announced that the crusade will be held every night at 7:30 with no services on Mondays or Saturdays. Sunday services commence at 7 p.m., he said. The meetings are open to the public. The church is located at Wilmington Blvd. and "Q" St. Genius is the art of taking infinite pains.—Carlyle.

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Health Authority Says Vitamin Pills Don't Replace Good Diet

By ROY O. GILBERT, M.D., County Health Officer

Through the influence of advertising media, many individuals are apparently under the impression that vitamin pills are essential as a supplement to the regular diet, according to a report issued some months ago by the American Medical Assn.'s Council on Food and Nutrition.

As a matter of simple fact, if a person fails to obtain an adequate diet in these times it is probably a sign that his eating habits need correcting, and this is not achieved by taking pills. Vitamin pills, regardless of their potency or the minerals with which they may be combined, can never substitute for the proper amounts of the different foods required by the body.

CERTAIN nutritional surveys which have been conducted in past years have seemed to indicate that certain segments of the nation's population received insufficient varieties of food to supply the necessary vitamins. The Council reported that the surveys provided a poor basis for generalizing that healthy individuals need vitamin supplementation.

Indeed, the taking of more vitamins than the recommended daily allowances can be dangerous. It is true that certain vitamins are promptly excreted from the body when consumed in excess of the body's needs. But certain others, especially A and D, build up within the body and

can actually cause serious harm.

HOWEVER, there are situations in which the addition of vitamins to the diet is both necessary and desirable. In general, vitamins may be of value to the individual who "through ignorance, poor eating habits, or emotional or physical illness does not eat an adequate diet." For these individuals—and there are plenty of them—supplementary vitamins are valuable in assuring an adequate intake until the person's habits are changed or illness is ended.

The Council report further stated that adults who are on a restricted diet for some illness such as stomach ulcer or diabetes might need specific vitamin supplementation. The need for additional vitamins may also be indicated during pregnancy or while a mother is nursing her baby.

THERE IS, of course, a distinction between taking vitamin pills as a diet supplement and taking them for medical reasons under proper supervision. It is always necessary for a physician to evaluate each person individually before a determination can be made that a vitamin supplementation will be beneficial.

As a rule, healthy children do not need additional vitamins other than vitamin D provided they receive adequate amounts of wholesome food. Even then no vitamin pills are required, since the vitamin D can be supplied through vita-

Dr. Jones Plans Series About Commandments

Dr. R. Murray Jones, minister of the First Presbyterian Church of Gardena, 1957 Redondo Beach Blvd., will begin a series of sermons on the Ten Commandments. On Sunday, Jan. 24, he will preach on "The First Commandment." Worship service is held each Sunday at 11 a.m. with child care provided.

Church school is held every Sunday morning at 9:20 at the old site, 1842 Gardena Blvd., with classes from nursery to adult.

Members are reminded of the Bloodmobile in Gardena today at the Elk's Hall, 1735 W. 162nd St. It is necessary to continue to deposit to keep the church blood bank active.

The mid-week Bible Study is held each week on Wednesday morning at the Gardena Blvd. address at 10 a.m. with child care and on Thursday evening at 7:30 at the new church. The little book of Zephaniah will be studied this week.

Broadway-Hale Votes 25-Cent Dividends

Directors of Broadway-Hale Stores, Inc. at a meeting held Jan. 18, 1960 declared a quarterly dividend of 25 cents a share on the outstanding common stock of the corporation, payable Feb. 15, 1960 to stockholders of record Feb. 1, 1960, without closing the stock transfer books.

min D fortified homogenized milk.

VITAMIN PILLS are generally expensive. Since the usual source is food, it seems more sensible to spend money on edibles rather than on pills. Moreover, the food tastes better than the pills. A pamphlet on the importance of good nutrition will be mailed to anyone who sends a card of request to the Division of Health Education, Los Angeles County Health Department, 241 N. Figueroa St., Los Angeles 12.

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